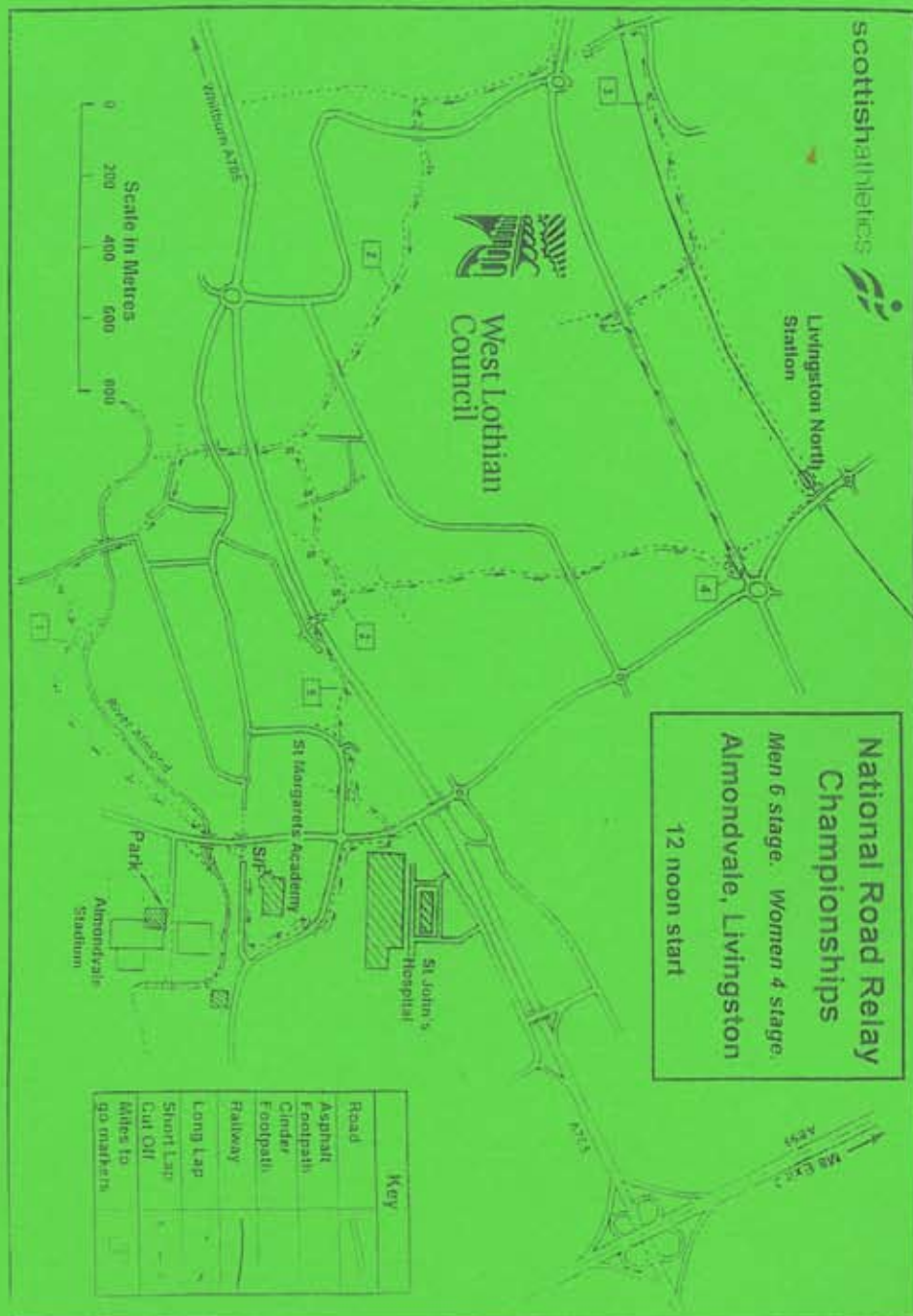




scottishathletics



**NATIONAL ROAD RELAY
CHAMPIONSHIPS
MEN 6 STAGE WOMEN 4 STAGE**

SATURDAY 3rd APRIL 2010

LIVINGSTON (Almondvale)

supported by



**West Lothian
Council**

TIMETABLE

**DECLARATIONS CLOSE
RACE STARTS**

**11.30AM
12.00 NOON**

NUMBERS

**SHORT LAP (3.15 miles)
LONG LAP (5.8 miles)**

**RED NUMBERS
YELLOW NUMBERS**

National Road Relays Livingston
Saturday 3rd April 2010

START TIME 12.00 Noon

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convenor	Ron Morrison
Vice Convenor	Robin Thomas
Hon. Secretary	Alex Jackson
Assistant Secretary	Margaret Daly
Finance Officer	Graham Sword

OFFICIALS

Referee:	Ron Morrison
Clerk of Course	Alex McEwan
Announcer	Murdoch McGregor
Starter:	Ron Morrison
Judges/ Changes	Ian Clifton (Chief), Jim Young, Andy Law, Bob Reid Neil Donachie
Timekeepers:	Duncan McLaren (Chief) Joe Bruce, Margaret Daly
Recorders Times	Molly Wilmoth, Sandy Cameron.
Recorders Places	Bill Gentleman, Fred McCuskie, Ian Hislop, Dave Cairns
Declarations:	Phyllis Law, Jen Jackson.
Results:	Peter Jackson, Marjory Cook, Jen Jackson, Marion Donachie
Presentations	Ron Morrison
Course Marshals	Lothian RC, Ferranti AAC, Hunters Bog Trotters, Lasswade AAC Edinburgh AC, Corstorphine AAC, Linlithgow AAC
Event Manager	Ross Cunningham
Convenor	Alex Jackson

Messages

I am delighted to welcome you to the 17th National Road Relay Championship held in Livingston and which is once again being supported by West Lothian Council. This prestigious event takes place in Livingston and is recognised as the pinnacle for road endurance athletes in Scotland. This Scottish Athletics team event, which provides quality competition for club members from across Scotland, is strongly supported by an excellent volunteer network from Lothian RC, Corstorphine AC, Edinburgh AC, Hunters Bog Trotters, Lasswade AC, Ferranti AC and Linlithgow AC.

This National Road Relay Championship is particularly exceptional due to Livingston's many cycle and pedestrian paths which means most of the course is traffic free, providing a safe and scenic route for all participants. I sincerely hope that all those involved will have the opportunity to spend some time in the area and benefit from the local attractions.

I would like to thank St Margaret's Academy who again, have provided facilities for the athletes and officials.

Finally, I wish everyone a safe and successful race and hope to see you back in West Lothian for one of the following events:

- 23rd May for the Bathgate Half Marathon and Relay
- 13th June for the Dechmont 10k Trail Race
- 26th September for the Linlithgow 10k

Cllr Jim Walker

Executive Councillor for Culture and Leisure

Once again we are grateful for the continued support given by West Lothian District Council for our National 6/4 Stage National Road Relays. This is the 13th year that the Championships have been held in Livingston and the stability gives an extra edge to the results in that athletes, teams and even statisticians can compare performances with previous results.

We are indebted once again to the convening committee of Alex McEwan, Ross Cunningham and Alex Jackson with extensive help from Martin Hyman for organising the event along with the course marshals from Lothian RC, Ferranti AAC, Hunters Bog Trotters, Lasswade AAC, Edinburgh AC, Corstorphine AC and Linlithgow AAC. We add to that the many Officials and helpers whose preparation and planning make this event such a success

This year we have to use a slightly different course due to the bridge closure, for repairs, near the end of each lap. Please ensure that you are familiar with the change before running.

To all the athletes and teams who are competing today – enjoy the competition.

Ron Morrison

Convener, Road Running and Cross Country Commission

MEN'S SIX STAGE
Holders- Shetleston Harriers
Masters Holders Fife AC

Ayr Seaforth AAC Colours: White with Red Diagonal Cross

Team Nos 2,3

Laurence Baker	Neil Burnside	Brian Dunn	Peter Laing	Tom McCulloch	John Hayes
Stephen Kay	Shaun Phillips	Kevin Bloy	Jonathan Dunn	David White	Alan Cherry
Ryan Muir	Barry Duddy	Mayeul Ducrot	Paul Turnbull	Andrew McElwee	

Bellahouston Harriers Colours: Dark Blue with Light Blue Cross

Team Nos 4,5,6

Bryan Lamb	Mark Paterson	Brian Douglas	Andrew Campbell	John Hagemester	
Thomas Henery	Iain Burke	Stewart Collins	Michael Freshour	Derek Shand	Darren Murray
Paul Baker	Joseph Poole	John Softley	Graeme Gemmel	Campbell Joss	
German Rodriguez	Brian French				

Bellahouston Road Runners Colours: Purple with White Band

Team Nos 7,8,9

Alistair Kell	Colin McGill	Grant MacDonald	Bruce Carse	Brian O'Donnell	
Russell Whittington		Mark Johnston	Gerard Scullion	Mark McGoldrick	
Alun Myers	Alastair MacLachlan		Scott Kennedy	Matthew Williamson	
Alasdair McLeod	Stuart McMillan	Greig Glendinning	Marcos Sanz Gomez		
David Weatherhead		Douglas MacGregor	Ewan McDonald	Hamish Barbour	
Andrew Hardman	Andrew Smillie	Christopher Doak	James O'Hara	John Milligan	
Michael McNally	Nick Reid	Neil Farnell	Scott Telfer		

Calderglen Harriers Colours: Amber and Black Vertical Stripes

Team Nos 10,11,12,13

Russell Couper	Alan Derrick	David Watt	Graham Allan	David Herbertson	
Jim Holmes	Brian McDougall	Charles Steven	Charlie McDugal	Stuart Waugh	Edward Reid
Colin Freeman	Martin Duthie	Blair Matthew	Colin Banks	Scot Hill	Stephen Reilly
David Wardrope	Graham Lindsay	Gerard Mullen	Andrew Henderson		Alan Cullie
Ben Ferguson	Ian Hughes	Colin Jarvie	Richard Lawton	John McBride	Ian McKenzie
Jamie McMonagle	Stephen Phimister	Ian Rae	Roderick Shanks	George Stewart	

Carnegie Harriers Colours: Orange & Green

Team Nos 14,15,16

Iain Taylor	Steven Ogg	Ian Stewart	Lewis Lawson	Mike Harvey	John Lambie
Andrew Wright	Andrew Symonds	Calum McGaw	Ian Robert Johnston		Kieran Morgan
Peter Simpson	Allan Fotheringham	Thomas Lawrence	Scott Bradley	Dennis Howett	Robert Milton
Alan Cockburn	Peter Humphreys	Nicholas Weir	Paul Arnott	Steven King	Roger Clark
John Fulham	David Greig	Kevin Mathie	Alan Manson	Allan Brannigan	Campbell Hutt
Alex Keenan	Andrew Smith	Stephen Greer	Jan Bern-Cederstrom		Phil Smithard
Michael Cowie	Frazer Munro	Mark Johnstone	Malcolm Smith		

Central AC Colours: Yellow and Blue

Team Nos 17,18,19,20

Gordon Adam	Alasdair Anthony	Andrew Butchart	Cameron Campbell		
James Drummond	David Eckersley	Alan Gall	Ewan Gauli	Allister Hargreaves	
Alastair Hay	Alexander Hendry	Philip Hendry	Will Hensman	Kenneth Hislop	Ross Houston
Alan Hume	Robert Hutchison	Ewan Jack	Hugh Kerr	Steve Laing	
Murray MacLarty	Sandy MacLarty	Liam McCabe	Ian McDonald	Jamie McDonald	
Scott McDonald	Gordon McMaster	Miguel Merayo	Lewis Millar	Fraser Purves	Sean Reilly
Robert Russell	Stuart Watson	Philip Williams	Michael Wright		

Clydesdale Harriers Colours: White with Black "C"

Team Nos 21,22

Peter Rudzinski	Paul Carroll	Iain Robertson	Michael Diver	Gerard Montgomery	
Brian J Campbell	Gary Dick	Mark Rudzinski	Pete Cartwright	Robert Young	

Corstorphine AAC Colours: White with Black Trim

Team Nos 23,24,25

Fraser Scott	David Simpson	Keith Hood	Bryan Clark	Christopher O'Brien	
Steven O'Brien	Scott Pilkington	Moray Anderson	Grant Wilkie	Graeme Fletcher	

Timothy Norwood	Scott Williamson	Dave Law	Shaun Cavens	Graham Mclean	
David Henderson	Christopher Pegg	Bruce Malcolm	David Colman	Ian Johnston	

Dundee Hawkhill Harriers Colours: Blue and White Quarters

Team Nos 26

Neil Gunstone	Craig Ross	Matthew Strachan	Chris Foley	Steven Lyall	Ian Tkaczyk
Antony Robinson	Craig Love	Gordon Barrie	Matthew White	Stephen Mason	
Roger Van Gompel		Charles Haskett			

East Kilbride AAC Colours: Gold with 2 Black hoops

Team Nos 27

Gordon Colvin	Grant Baillie	David J. Condra	Graeme Haddow	Edgar Ramage	Tom Yuill JNR
Andrew Little	Michael Browne	Kenny McNamee	Derek Leitch	Kevin Downie	Niall Walker
John Fergusson	Jamie Clements	David Gorman	William Taylor		

Edinburgh AC Colours: White with one Blue, one Black Hoop

Team Nos 28,29,30

Roger Alsop	Graham Beal	James Britton	Neil Calder	Adam Chmielowski	
Andrew Crichton	Daniel Clarkson	Keith Dunlop	Malcolm Fraser	Richard Hope	Leian Howie
Scott Innes	Seamus Keely	Keith Lyall	Scott Logan	Fraser Mann	Richard Meade
Stuart MacLeod	Nigel Munro	Ryan O'Hare	Adam Priestley	Callum Reid	Robert Riddell
Garry Robertson	J Ruskin	Reese Taylor	Steven Wales		

Falkirk Victoria Harriers Colours: Black with Gold Band

Team Nos 31,32

Andrew Ronald	Barry Paterson	David Hart	William Higgins	John Martin	David Murray
Kenneth Rankin	Anthony Devlin	Alexander Bryce	Michael McQuaid	Andrew Gibson	Stephen Oliver
John Denholm	Gary Smith	Alexander Davidson			

Ferranti AAC Colours: Yellow with Black letters

Team Nos 33

Edward McDonald	Trevor Ridley	Robert Miller	Alex Jackson	Keith Weston	Keith Nicol
Grant Sellar	Stephen Reid	John Gavin	Kenny Moore		

Fife AC Colours: White with Red Band

Team Nos 34,35,36,37

Bryce Aitken	Andrew Barker	Gary Barker	Graham Bee	David Bee	
Graham Bennison	George Black	Andrew Brierley	Colin Brown	Mark S Buchan	
Brian Cruickshank	Stewart Davidson	Martin Farrally	Bill Fairman	Douglas Gunstone	
Allan Harley	Jacob Howe	John Kay	Martin Laing	Grant Laycock	
Andrew Lemoncello		Andrew Liston	Matthew MacPherson		Frank McLaren
Alan McLeod	Kenneth Mcleod	Andrew Milne	Michael Mitchell	Terry Mitchell	Robert Mustard
Geoff Pennycook	Steven Pennycook	Gary Pirie	Frank Popham	Roger Rees	Leonard Rhone
Christopher Russell		Eddie Sanders	Tom Scott	David Shepherd	David Smyth
Robert Thornton	Jez Tomlinson				

Gala Harriers Colours: White with Green Band

Team Nos 38,39,40

Derrick Brydon	Martin Clarke	David Hunter	William McCulloch		Magnus Inglis
Graeme Murdoch	Alistair Wright	Scott Forsyth	Paul Daly	Colin McCall	
Malcolm Gowans	Fergus Johnston	David Nightingale	Alistair Laurie	Gregor McAneny	Alan Goodson
Robert Marshall	Thomas Knox	Mark Bryson	Iain Bell		

Garscube Harriers Colours: White with Blue Band

Team Nos 41,42,43

Stephen Mulrine	Benjamin Melby	Kenny Hastie	Joe McKnight	Euan Mackay	Euan Geddes
Jim McAneny	Athole Smith	Robert McLennan	Gary Goldie	Andrew Griffiths	Allan Wallace
Stephen Cullen	David Geddes	Kenneth Macanna	Tony Hall		

Giffnock North AAC Colours: Amber with Royal Blue Hoop

Team Nos 44,45

David Phee	Graeme Croll	Neil Deerey	Martin O'Donnell	Derek Breen	
Rodger McEleny	James Galbraith	Ross McLearie	Pat McVey	Greg Turner	Kenneth Love
David Logan	George Taylor	Martin Myant			

Hunters Bog Trotters Colours: Brown

Team Nos 46,47

Rob Adams	Duncan Baker	Tom Barr	Daniel Beckett	Steven Cairns	Ian Campbell
Daniel Clements	Colin Crabbie	Daniel Fairlie	David Fulton	Allan Gordon	Alistair Hart

WOMENS' FOUR STAGE
Holders- Kilbarchan AAC
Masters Holders Henensburgh AC

Bellahouston Harriers Colours: Dark Blue with Light Blue Cross

Erica Christie	Yvonne Winchester	Bernadette O'Neil	Joanne Sharp
Suzanne Boyle	Connie Hydes	Emma Anderson	

Team Nos 85,86

Louise Andrew

Bellahouston Road Runners Colours: Purple with White Band

Claire Wharton	Claire Thompson	Julia Harris	Linda Kennedy
Karlyn Forsyth	Jacqueline McGuire	Jane Simpson	Julie Fitzpatrick
Louise Gray	Shona Donnelly		

Team Nos 87,88

Emma Bryson
Jane Wild

Calderglen Harriers Colours: Amber and Black Vertical Stripes

Frances Maxwell	Mary Goldsmith	Genevieve Freeman	Claire Brady
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Team Nos 89

Alison Crooks

Carnegie Harriers Colours: Orange & Green

Morna Fleming	Grace Mackenzie	Lesley Halstead	Linda James
Yvette Wilson	Isobel Burnett	Susan Cederstrom	Julie Humphreys
Fiona Rennie	Judith Turner	Valerie MacAulay	Pauline Walker
Alison Whyte	Gail Murdoch	Fabienne Thompson	Helena Sim
Mehrmaz Campbell	Maryanne Lawrence	Kristin Lowrie	

Team Nos 90

Gillian McCracken
Catherine Wilson
Susan Walker
Lee Polson

Central AC Colours: Yellow and Blue

Morag MacLarty	Alison Docherty	Claire Houston	Hazel Dean
Fiona Thompson	Fiona Kelsall	Jane Waterhouse	Katie Whitehouse
Gill Brett	Lindsay Morrison		

Team Nos 91,92,93

Ainsley Normand
Catriona Buchanan

Corstorphine AAC Colours: White with Black Trim

Kerry Porter	Megan Smith	Jillian Hogg	Corrie Roberts
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Team Nos 94

Dumfries Running Club Colours: White with Maroon and Sky blue Hoops

Sian Finlay	Lisa Finlay	Mhairi Duff	Joasia Zakrzewski
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Team Nos 95

Maureen Dickson

Edinburgh AC Colours: White with one Blue, one Black Hoop

Jennifer MacLean	Niamh Devlin	Issy Menzies	Elaine Davies
Nathalie Christie	Katja Fravisto	Catherine Perry	Laura Goodson
Marietta Beal			

Team Nos 96,97

Sharyn Ramage
Victoria Lomax

Fife AC Colours: White with Red Band

Sandra Aitken	Fiona Bracegirdle	Innes Bracegirdle
Hester Dix	Ailsa Hall	Angela Howe
Phyllis Lemoncello	Fiona Lothian	Alison McGill
Sophie Mullins	Morgan Murphy	Johanna Paananen
Hilary Ritchie	Sandra Robertson	Jocelyn Scott
Catharine Sinclair	Susan Thomson	Fiona Walker

Team Nos 98,99,127,128

Lorraine Brown	Louise Burt
Jennifer Kibble	Sarah Legge
Amie McKimmie	Margaret McLaren
Irene Pennycook	Louise Provan
Helen Sharpe	Lorna Sibbett
Morgan Windram-Geddes	

Gala Harriers Colours: White with Green Band

Rachel Fagan	Fiona Shepherd	Eileen Nicol	Dianne Lauder
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Team Nos 129

Katy Anderson

Garscube Harriers Colours: White with Blue Band

Kirsty Husband	Alison Winship	Charlotte Wilson	Marian Kelly
Carole Gilmour	Jill O'Neil	Anna MacGregor	Mairi Stanley
Meggan Craft	Lesley Chisholm	Lesley Chapman	

Team Nos 130,131,132

Laura Devine
Ailsa Currie

Giffnock North AAC Colours: Amber with Royal Blue Hoop

Claire McAuley	Catrina Lockie	Yvonne Hamilton	Jill Smylie
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Team Nos 133

Hunters Bog Trotters Colours: Brown

Jessica Batterham	Carrie Craig	Claire Gordon	Miranda Grant
Alex Kilgour	Isobel Knox	Deborah MacDonald	Morag McCracken
Eilis McKechnie	Alison C McNeillage	Phyllis Mitchell	Megan Mowbray
Sandra Rathjen	Janice Smith	Margaret Spalding	Claire Ward
Abigail White	Megan Wright		

Team Nos 134,135

Kate Jenkins
Shona McIntosh
Fionn Nairn
Eilidh Wardlaw

Kilbarchan AAC Colours: Gold with Black Hoop

Natalie Sharp	Jessica Martin	Christina Rankin	Elspeth Curran
Claire Gibson	Leanne Hamilton	Kerry Lang	Lorraine Gribben
Wanda Phillips	Eileen Masson	Lesley McKerral	Annette Fitzpatrick
Lynne Goldie			

Team Nos 136,137,138

Cara Sloss
Michelle Bell
Hannah Waugh

Kilmarnock Harriers Colours: Royal Blue with 2 White Stripes

Paula Wilson	Elizabeth McDerment	Susan Beattie	Marion Burns
Laura Cairns	Avryl Cornforth	Fiona Herbertson	Tracy Kerr
Rosemary McMillan	Lesley Phillips	Lorna Sloan	Kara Tait

Team Nos 139

Morag Cairns
Lindsay McMahon
Kate Todd

Kirkintilloch Olympians Colours: Sky Blue with White and Black Hoops

Pamela Parker	Hannah Terrance	Annmarie McCaffrey	Susan Addison
Marie McChord	Shirley MacNab	Mary Hendry	Vivien Fraser
Linda Dewar	Claire Morgan	Ros O'Sullivan	Auarine Ward

Team Nos 140,141,142

Katy Smith
Ada Stewart
Heather Fraser

Lothian Running Club Colours: Blue with Black letters

Lynne Murray	Jill Horsburgh	Edel Mooney	Yvonne Crilly
Jocelyn Moar	Christine Milne	Rosemary Ewing	Sarah Inglis
Helen Murray	Sue McDowall	Kajsa Risby	Marie Storrie
Kate Kitchin	Suzanne Matonti	Chloe Cox	

Team Nos 143,144

Louise Crilly
Mhairi Inglis
Margaret Turnbull

Motherwell AC Colours: Red with White edging

Joanne Clark	Carole Munro	Elaine Jamieson	Mae McIsaac
Clare Hughes	Gayle Tait	Laura McTavish	Lorna Gall
Ceri Evans			

Team Nos 145

Elizabeth Martin
Catherine Wotherspoon

Penicuik Harriers Colours: Purple with White Panels

Susan Harper	Frances Jones	Kirsty Loudon	Rachael Campbell
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Team Nos 146

Pitreavie AAC Colours: Navy/Yellow/White

Fiona Cressy	Siobhan Coleman	Ann Davidson	Jane Macleod
Helen Burns	Lauren Mitchell	Helen Kane	Laura Sinclair

Team Nos 147

Irene Miller

Shettleston Harriers Colours: Blue with Gold Band

Chichi Guly	Amlesei Tewelde	Avril Mason	Lindsay MacNeill
Susan Breckenridge	Christine Patterson		

Team Nos 148

Fiona Maxwell

Victoria Park City of Glasgow Colours: Blue and White Hoops

Kirsty Baird	Sandra Branney	Rhian Dawes	Jacqueline Thomson
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Team Nos 149

Wee County Harriers Colours: Navy and Orange

Beryl Junnier	Jessica Neal	Karen Willocks	Lynn Irvine
Hilda Paton	Lindsay Stother		

Team Nos 150

Jane Binnie

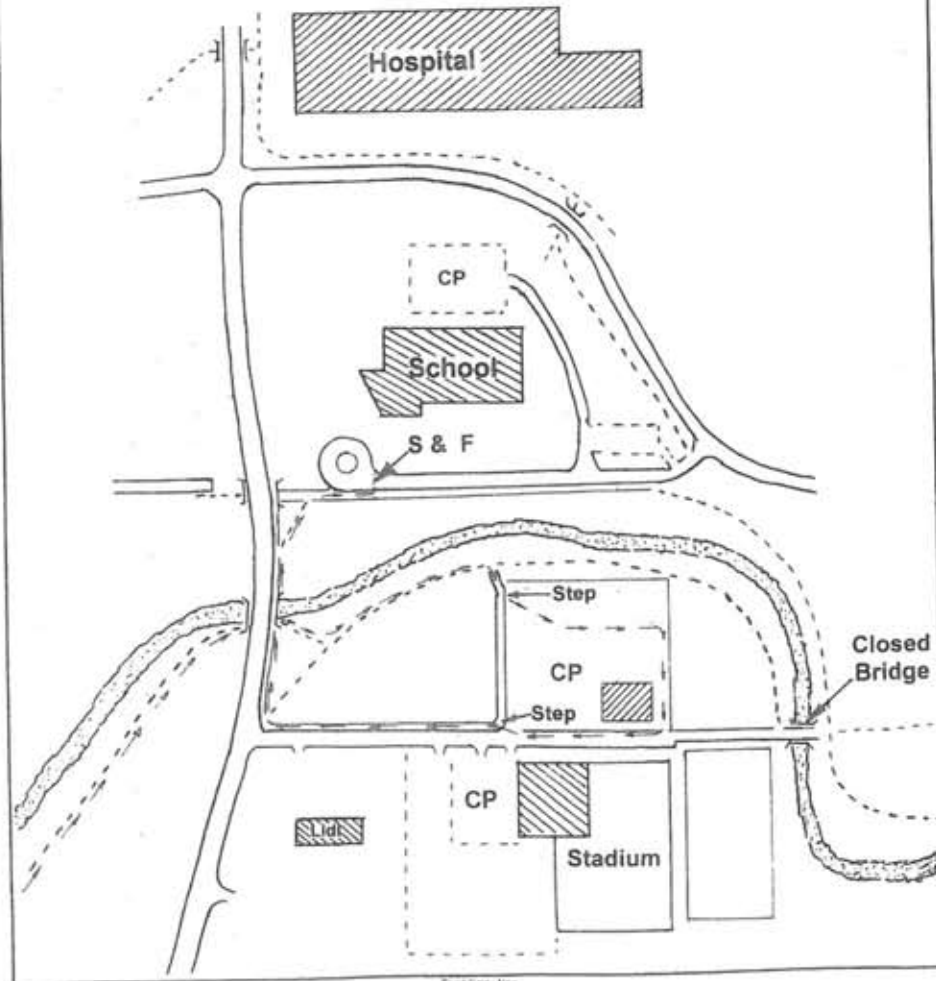
Road Relay Champs - Major Course Diversion

The bridge over the River Almond 400m from the finish, is closed for repair.

The diversion goes right, towards the stadium, 400m before the bridge.

It does a lap of the car park then follows the pavement, turning right across the main road bridge over the river. It then turns right, to approach the finish from the opposite direction to the start.

Beware a step down on to the car park and a step up to the pavement.



HBT Men 46